



La Yerba Buena

THE NEWSLETTER OF THE SAN ANTONIO HERB SOCIETY

NUMBER 251, February 2011

The San Antonio Herb Society is organized to bring together those who are interested in using, growing and promoting the general knowledge of herbs to the membership and the public at large.

Program Thursday, February 10, 2011

Chocolate: Beyond Mints and Mole

George Ojeda, the Executive Chef for Encanto Mexican Grill in Schertz, Texas, knows good cooking! When Chef George isn't creating fabulous cuisines for his clients, you'll find him enjoying some of his favorite dishes like Paella de Marisco, an international rice dish from Spain, pizza or a nice, juicy Whataburger®.

Chef George grew up in Penns Grove, New Jersey, where he was inspired to pursue a career in culinary arts by his grandmother. But before starting culinary school, he came to San Antonio, Texas, where he graduated from South San High School. After that, it was off to Colorado, to attend Denver Culinary Arts School, where world class cooking is taught. Today, he is dedicated to continually learning the latest in fine cooking techniques and mastering extraordinary recipes. His foods are always awe-inspiring and the palates of those who try his fine cuisine are truly inspired.

He has served as a chef for Hyatt Regency Hotels in Denver, Colorado and San Antonio. Chef George has also provided his cooking expertise at H-E-B's Central Market and the University Health System in San Antonio.

Chef George's mission is to offer a unique and wonderful eating experience to all of his clients. When he isn't cooking, he is spending quality time with his daughter. He also enjoys reading and watching his favorite baseball team, the New York Yankees!

Members whose names begin with G-M are asked to come a little early and bring a treat for the hospitality table. Once you are settled, come back to the front door and help greet everyone—a great way to learn names! Don't forget to bring the *recipe* for publication in the newsletter. We're in the San Antonio Garden Center, located on the corner of Funston and N. New Braunfels.

For more information, check out our website at www.sanantonioherbs.org

The **2010-2011 Board Officer** Nomination Committee is beginning their work. They're planning an "Introduction to the Board" luncheon in early March for all you interested in participating. Contact any current Board member for info. Become a part of this fine group. You'll be glad you did!

March and Spring Sales

are right around the corner. Make sure you save at least one weekend so volunteering at a plant or book sale is on your list of things to do for SAHS. Think SAWS Spring Bloom (Mar 12, see Carol-lee Fisher), Olives Olé (Mar 26, see Jackie Compere), King William Parade (Apr 16, need chair), Festival of Flowers (May 28, see Joe-Beth Kirkpatrick) and more. Always fun to meet new friends and make a few more dollars so we can keep these lights on! Watch this newsletter for updates, schedules and lots of ways YOU can participate!

Last Chance - Membership Renewal

Dues for 2011 are due by February 28 to ensure that your membership is continuous and that (if desired) your paper newsletter will still be mailed. Please fill in the membership form on page 7 and forward with your check or money order to Kathryn Seipp, Treasurer of the SAHS. Remember that your membership not only gains you great friends and great food — you get lots of terrific information from folks well experienced in the growing and use of herbs. An added plus is that several of our business members offer a purchase discount. Membership in SAHS has reciprocal membership privileges with other groups across the State as well.

Don't delay, send in your membership renewal today!!

Membership renewal form — page 7



Members' Share Table...

...is always open. Bring your gently used items to share with other members. Items left over at the end of the meeting will be thrown away.

Members' Sale Tables

Contact Jean Dukes at least 2 weeks in advance to arrange for a table.

Hospitality Table

Schedule:

Feb: G-M
Mar: N-S
Apr: T-Z
May: All
June: A-F

Inside this issue:

Member Recipes	2
Over the Fence	3
January Minutes, Meeting Review	4
Treasurer's Report, Membership Report	5
Brian's Garden To-Do List & SIG reports	6
Membership Form	7



Be sure to view the unabridged version of this newsletter @ www.sanantonioherbs.org

If you would like to receive the SAHS newsletter electronically, please contact Lyn: belisle@satx.rr.com

Member Recipes

Here are the recipes provided with some of the terrific dishes brought to the December banquet

Horseradish treats featured this evening

included:

provided by Eileen Achorn as part her program Jan. 13

Horseradish Cheese Ball
Horseradish Habanero Salsa (Hot!)
Herbed Horseradish Cream
Horseradish Onion Dip
Horseradish Cookies
Horseradish Applesauce
Horseradish Cheese Dip
Horseradish Ham Rolls
Horseradish Cream Cheese

Cold Green Pea Salad

submitted by Patty Wilson as adapted from Cooks.com

Ingredients

1-10oz pkg frozen small peas (early/party peas)
1 apple, tart, red-skinned
3 green onions, thinly sliced
1/2 C sour cream
1/2-1 tsp horseradish
1/4 tsp salt
1/8 tsp pepper
2 tsp lemon juice

Turn peas from package into colander. Run hot water over until just thawed. Rinse in cold water and drain thoroughly. Without peeling the apple, core & chop. Combine in bowl drained peas, chopped apple and onion.

Dressing: Combine sour cream, horseradish, salt, pepper and lemon juice. Add to salad and mix lightly. Dressing can be made a day ahead. Serve in bowl with crisp greens.

Serves 4-6.

Swedish Christmas Rosettes

Submitted by anonymous

Divide the batter in half; add red food coloring to one half and green to the other.

Ingredients

2 large eggs
1 C milk
1 C unsifted flour
1 Tbs granulated sugar
2 tsp vanilla extract

In a medium bowl, combine eggs and milk. With fork or wire whisk, mix well. Stir in flour, sugar and vanilla extract; blend until smooth. Cover with plastic wrap and refrigerate one hour or overnight. In a 5 qt Dutch oven, heat 2 qts vegetable oil to 365°F on a candy thermometer. Attach selected iron to handle. Dip iron into hot oil for 15 seconds; drain slightly on paper towel. Dip ONLY the lower part of hot iron into batter, letting excess drip back into bowl. (Do not get batter on top of iron.) Dip iron into hot oil; as batter becomes cooked, it will loosen and drop into oil. Cook until golden on one side; turn and cook on other side. Repeat. As pastries turn golden, remove with a slotted spoon and drain on paper towels. Pastries may be sprinkled with confectioners' sugar or cinnamon-sugar. Tart shells may be filled with sweet or savory fillings.

Savory Pastries:

Omit sugar and vanilla extract from basic batter. Add 1 tsp dried dillweed and 1/4 tsp salt.

Spice Pastries:

To basic batter add 1/2 tsp each ground ginger and ground cinnamon and 1/4 tsp ground allspice.

Double Gingerbread

submitted by Jackie Compere, as adapted from Pillsbury's Bake Off Dessert Cook Book, "Western Gingerbread"

Ingredients

2 C flour
1 1/4 C sugar (less can be used - 1 C)
1 tsp baking powder
2 tsp cinnamon
1 1/2 tsp ground ginger
1/4 tsp salt
1/2 C shortening (butter flavor Crisco™ was used here)
1 Tbs finely chopped fresh ginger root
1 C buttermilk or sour milk *
2 Tbs molasses
1 tsp baking soda
1 egg

Preheat oven to 350°F. Spray 11 x 17 jellroll pan or 13x9 cake pan with Pam™.

In mixer bowl, combine flour, sugar, baking powder, cinnamon, ground ginger and salt. Add shortening and mix at lowest speed until particles are fine. Add fresh ginger, buttermilk, molasses, soda and egg. Blend until moistened, then beat a medium speed for 2 minutes. Spread into jelly roll pan. Bake 20 minutes. Cool and cut into squares.

Ice if desired. I use powdered sugar and milk (or lemon juice) mixed in a sandwich bag. Clip the corner of the bag and squeeze on cooled gingerbread.

*For sour milk, add 1 Tbs vinegar to milk to make 1 C.

Herbed Walnuts

submitted by anonymous

Ingredients

1 lb walnuts
2 Tbs butter & olive oil
5 Tbs fresh rosemary, chopped
salt pinch
1 tsp paprika

Melt butter and oil in pan and add walnuts. Toss to coat walnuts well. Add the rosemary, salt and paprika to the walnuts and mix well. Bake at 325°F for 20-25 minutes. Allow to cool to room temp and serve.

This walnut appetizer is wonderful with your favorite evening cocktail.

Swedish Rye Bread

submitted by Karen Cabral

Ingredients

2 C scalded milk (190°F)
1/2 C. brown sugar
1/4 C shortening
4 Tbs molasses
1/2 tsp orange rind
1/2 tsp anise seed
1 Tbs salt
2 C rye flour
3-4 C white flour
1 C water
1 Tbs yeast dissolved in 1/4 C water

Put brown sugar, molasses, shortening, salt, anise and orange rind in bowl. Add hot milk and cold water. Add rye flour plus 3 C white flour to make sponge. Beat well. Add yeast, then more white flour to make a dough stiff enough to knead. Knead 10 minutes. Let rise 2 hours.

Punch down, shape into loaves and place in bread pans. Let rise 1 hours. Brush with egg white and water glaze. Bake 350°F for 45 minutes to 1 hour.

Over the Fence... 2011 Program Line-up



March: Deb Bolner of Bolner Spices, with "Cool Off", speaking of cooling herbal wipes.

April: Ann McCormick, Herb 'n Cowgirl—Creating Culinary Containers

May: Spring banquet; Board election

June: To be determined

Have MORE ideas for programs?

Contact Jean Dukes, program VP

Next Board Meeting

February 28, 6:30 pm. These meetings are open to the general membership. Please contact one of the Board members to place an item on the agenda or for location or other details prior to the meeting day.

Future Community Project

The SAHS Board has decided to take on a fundraising event for a scholarship program for local culinary students. If you are interested in serving on this committee, please contact Jean Dukes @ 210 566 4379 or 10days@earthlink.net.

Request for Topic Experts to Speak

The Bexar County Master Gardeners requested SAHS to provide the name(s) of one or two of our membership who'd be available as a topic "expert". They are updating their published list of "go-to" people among the garden and other plant interest clubs in San Antonio. If you'd like to be considered as one of our representatives, contact any Board member.

Tee shirts, totes and aprons available

Are yours faded and tattered? Contact any Board member to order items to be picked up at the next general meeting. Remember to wear your tee shirt or apron when volunteering for the SAHS

SA Botanical Garden Events

San Antonio Botanical Garden's first plant sale of the year, on Chocolate Day, Feb. 12. They'll have available new offerings, as well as old favorites, including lots of water savers and, for the first time (thanks to Marilyn Nyhus and Marguerite Hartill, greenhouse volunteers), culinary herbs. 10a.m. to 2 p.m.

May 1: Jazz in the Garden

SAHS Web page

Heard that Lyn has added a "word of the day" to our nifty web site. Check that one out.

SAHS Needs Advertising Help

Years ago, The Herb Society posted flyers on the community events boards of various businesses such as nurseries and groceries around town that sold herbs, inviting visitors to come to the upcoming general meeting. Well, we are going to be experimenting again with this outreach, and need volunteers to add to those folks who have already signed up. Every month, you would get flyers via email, print them, and post them at stores in your area, stores that you would normally be frequenting anyway. If this sounds like something you could do, please contact Jeanne Hackett at jeannehackett@sbcglobal.net, or call at 210/735-5333.

SAHS Internet Presence

Our page may be found by going to our existing web page, www.sanantionioherbs.org, and clicking the big blue "F" icon or going directly to www.facebook.com

The SAHS is continuing to monitor how the new "Meetup.com" page is doing as advertising our organization. It costs several dollars each month to maintain the page, so to keep it, the page must bring in several new members each

month. Maria Lührman has volunteered to be moderator of the page as part of our research. Check out the site and give your input to Maria. Go to <http://www.meetup.com> and search for San Antonio Herbs.

GVST classes

GVST offers monthly "Essentials of Gardening" classes which emphasize water-saving landscaping and gardening practices. They are open to the public and free, but do request a \$5 donation to help cover expenses.

Schedule: Classes are 3rd Monday of each month, 12:15-3pm, at San Antonio Garden Center.

Be sure to confirm the dates and locations prior.

Call 210-251-8101 for info.

A Recipe for Sterilizing Garden Tools

The New Year is well under way and if you have not taken care of your tools by now – shame on your green thumb and all its antecedents! Here's a quick and effective recipe from Charles Bartlett to clean and disinfect your tools. The formula was developed by the University of California at Riverside, and modified by Charlie.

This mixture can be used to clean and sterilize pruning knives, shears, saws, clippers and any other tools that you use in the garden to cause bodily damage to your plants. 1 part sodium hypochlorite (Clorox®, Purex®, etc.) mixed with 5 parts water. Dip the tools for just 2 seconds and immediately dip into the following: 1 part vinegar, 5 parts water and 1 tsp. salad oil. Dry the tool(s) well and store or use.

This treatment has proven more effective than the use of flame on pruning tools. The vinegar stops the corrosive action of the Clorox and the oil restores lubrication. All in all, an effective prevention of disease transmission, including such plant diseases as Phytophthora, crown rot, fire blight, etc., by garden tools.

Submitted by Jane McDaniel

SA Wine Festival (KLRN benefit)

Familiar with this series of events? One of the last each year is the wine & cuisine tasting. In 2011, it'll be February 20th, from 6 to 8:30 pm at the Alamodome. Here's an opportunity for a group of us SAHS members to put on our tee shirts and volunteer to "cork & pour". As a volunteer, ticket price is only \$25 (instead of \$45) and parking is free. Each year, various groups get together to put in a little bit of public face time at an event not normally associated their stated missions. Also as a volunteer, you work only half of the event duration. SO, fellow members, contact Joe-Beth - NOW. She's coordinating anyone who wants to go, have a great time meeting, corking and pouring AND tasting AND listening to the great music provided. Call Joe-Beth, 210-590-9744. For more info on the festival, see this web page: <http://www.sawinefest.com/>

A reminder to all who attend our meetings:

"Please *"bus" yourselves*". This means that each and every one of us are responsible for picking up our trash and disposing of it properly. More often than not lately, it is those of us who tarry to visit a little longer that wind up cleaning up someone else's mess. Our rent expense does NOT include cleaning fees. Remember, many hands make light work.

Thanks very much.

More Recipe Hints

Next time you make a béchamel sauce (starts with a basic roux), add 2 or 3 fresh bay leaves for increased depth and complexity of flavor. Variations on the béchamel depend on its target: add cheese for macaroni; add spicy mustard or **HORSERADISH** for vegetables; include paprika or parsley for those potato dishes.

Minutes from January General Meeting

January 13, 2010

President Yvonne Bacca started meeting 7pm and thanked everyone for coming on such a cold rainy night, especially those that helped with hospitality table and provided food.

Members interested in having a sale table during a general meeting, make arrangements with Jean Dukes at least 3 weeks prior.

Newsletter articles are always welcome, deadline is a week from the Friday after our general meeting.

Minutes were approved for last board meeting as well as treasurers report.

Membership name tags will be ordered again after March meeting. If you lost or need a new one, please see Gayle Morris. Also, anyone who has been a member of the SAHS for at least 10 years continuously, please contact Gayle so she can order a star for your name tag.

Special thanks to Maria Luhrman who at last minute was called to speak at Hollywood Park Garden Meeting on such a short notice.

Jeanne Hacket asked for volunteers to distribute flyers for the herb society. Anyone interested in helping out please contact her.

Lyn Belisle announced the formation of a committee to hold a fundraiser for spring of 2012. Part of the proceeds would go to a scholarship from SAHS to a local culinary school; this could be a new way for the Herb Society to give back to the community. Some of the ideas proposed have included having a Victorian high tea, a pesto competition (with well-known chefs from SA), a Maypole festival. She reminded everyone that the ideas of "Night in Old San Antonio" and "Zoobilation" both started out as one time events and have grown both in terms of success and funds raised for their beneficiaries. As a scholarship program, this would be a long-term commitment by SAHS. Contact Lyn.

It's time to form a nominating committee for the next Board. Anyone interested in becoming an officer or serving on the committee, please contact one of the current Board members.

Joe-Beth received a cordial thank-you note from Peggy Jones of the Garden Center Board thanking all members of the SAHS who attended their program earlier this month featuring Shari Kilman Anderson, an herbalist from Boerne. Shari has made presentations at SAHS in the past.

Upcoming events: SAWS Spring Bloom (SAHS plant sale), Olives Ole (March 26), Fiesta and Viva Botanica/Walk Across Texas, King William Fair and Parade (April 16) and Festival of Flowers (May 28). All will need participation of volunteers. More details in February.

Jean Dukes introduced Eileen Achorn our speaker for the evening. Eileen is a former president of the Herb Society. Her presentation tonight is on Horseradish, the 2011 Herb of the Year. Eileen demonstrated the culinary use of Horseradish. She also discussed how to plant, medicinal uses and the history of horseradish. Following the program, Eileen autographed copies of the booklet on Horseradish she compiled and the SAHS published. (ed. note: This booklet will be available for sale at \$5.00 until supplies are depleted.)

Eileen brought a potted horseradish plant and gave away plantlets and roots as the night's door prizes.

Our next meeting will be on February 10, 2011 our speaker will be Chef George Ojeda: "Chocolate and Herbs." Meeting adjourned at 8:20pm

*Submitted by Karen Abel
amended by Joe-Beth Kirkpatrick*



January Program—

Herb of the Year:

Horseradish

Eileen's energetic approach to any topic is sure to garner enthusiasm in her audiences. If you missed the January meeting, you missed your dose of this information-packed and fun program!

First off, where did that name come from?! Try the German peoples, a way back. Their name reflected the location of where the herb was found growing, close to the ocean, thus "meer rattich". This phrase made its way to the English where it evolved to "mahre radish". In time, the sound of the word for sea was corrupted into the word for the female horse and mare-radish, then horseradish came into being. A coincidence might be that horses were at times used to tread or grind the harvested roots, separating them from the leaves and dirt.

We've all come to enjoy the aroma and flavor imparted by horseradish in many dishes. Those qualities are much like garlic in that they are not released until the root has been crushed or cut. This exposing the chemicals in the plant to oxygen, causes other chemical changes and the release of that aroma.

Horseradish as we know it was introduced to the U.S. as recently as the late 1700s. It was known to be in Boston in 1804 and easily naturalized in marshier areas of that region. Later in the 1800s, it was commercialized. The early appeal of horseradish as a condiment was simple: it masked the smell and taste of old meat. Unknown to the people of the time, it also contains natural antibodies that help retard the spoilage of meats.

In modern day, a three-county region in Illinois near the MS river is the largest horseradish producing area in the US. There, it is a hardy perennial; horseradish is hardy in the US from zones 5 thru 9.

While horseradish is hardy, it is tenacious! There are some reports of the root mass of an undisturbed plant extending up to a 15 foot radius and one of a root buried 6 feet deep still sending up shoots and thriving.



To cultivate this gem, a piece of fresh root is all that's needed. Plant it a couple inches deep and at a slight (30°) angle for best result. Keep it well watered. If you prefer a more easily harvested plant, try putting that bit of root in a piece of pvc pipe, filling the pipe with potting soil and "planting" the whole thing. The roots

pulled from the pipe later will be much straighter and easier to work with. Of course, large pots work well, too.

Many commercial growers add a bit of boron to the soils at planting. Six months later, the roots are harvested with mechanical potato harvesting equipment but are still cleaned and sorted by hand.

Young leaves of horseradish are great in salads and can be steamed as well. The root can be sliced into "coins" and immediately frozen for later use. When ready to process the root, bear in mind that vinegar is a necessary ingredient here as it helps stabilize the plant matter's color and texture. If the root is to be shredded and processed into a condiment, remember that timing the addition of the vinegar is crucial in how much heat will be in the final product. Canned or jarred root is usually preserved in vinegar and should be rinsed prior to use.

Horseradish should be added to foods closer to the end



of any cooking time as it loses flavor rapidly when heated. Thus, it's not a very good sauce or tea prospect.

Some interesting traditional medicinal uses: a hot poultice of chopped horseradish can be applied to an achy joint where it may help relieve pain; a crushed leaf on the nape of the neck may help dispel headache; a whiff of the chopped root helps alleviate chest congestion; it has also found use as a diuretic. More recently, horseradish has been used in cancer research and been found useful as a bio-marker for certain cells.



Submitted by Joe-Beth Kirkpatrick



'10 - '11 SAHS Board Officers

- Yvonne Baca** - President
210-313-8705 (cell), yvonne943@yahoo.com
- Jean Dukes** - Vice President Programs
210-566 4379, 10days@earthlink.net
- Gayle Morris** - Membership
210-497-7416 or 210-912-9787 (cell)
gaylemorris09@gmail.com
- Karen Abel** - Secretary / Recording
210-326-8685; kl89murray@yahoo.com
- Kathryn Seipp** - Treasurer
210-495-3591, kseippccc@aol.com
- Jeanne Hackett** - Publicity / PR
210-735-5333, jeannehackett@sbcglobal.net
- Lyn Belisle** - Webmaster & Green List Coordinator
210-826-6860, belisle@satx.rr.com
- Other Contacts**
- Marilyn Nyhus** - programs assistant
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- Patty Wilson** - T-shirts, Cookbooks
210-647-0838, dwilson@satx.rr.com
- More Information Contacts**
- SAHS web page:** www.sanantonioherbs.org
SAHS toll-free phone: 888-837-4361
SAHS Facebook & Meetup pages

Treasurer's Report, December 2010

Submitted by Kathryn Seipp

INCOME	
Membership	230.00
TOTAL INCOME	230.00
EXPENSES	
Attendant Fee	45.00
Banquet	356.18
Rent Expense	185.00
Supplies	111.92
Total Expenses	783.10
Total (Income-Expenses)	-553.10
ASSETS	
Cash and Bank Accounts	
Cash on Hand	0.00
Frost Cert of Deposit	1,154.09
Frost Checking	3,257.82
Frost Savings	2,386.79
TOTAL Cash and Bank Accounts	6,798.70
TOTAL ASSETS	6,798.70
LIABILITIES	0.00
OVERALL TOTAL	6,798.70

Ed. Note: The 2010 financial report is available for members' review. Please contact any Board Member.

Hearty Handshakes to...

All the great members who have supplied this newsletter with your stories, photos, wit and wisdom in 2010!! This is your venue and opportunity to share your herbal experience and knowledge with others.
Many Thanks!!

From the Membership Chair

NEW MEMBERS

We welcome our newest members Patricia Morin, Barbara Quirk, and Charlene Swafford, and returning past members Bill Bonham and Kathleen Bruce! So glad to have you with us! We look forward to working with you and getting to know you better in the months ahead. Longer-term members, seek out someone you don't know at the meetings, introduce yourself, and find out what things you have in common. It's a small world...you never know how our paths may be connected in some way.

Please note: the membership roster will be updated within a few days following the Feb. 11 meeting. Members who have now yet renewed will be removed from the roster – that means you won't be on the mailing or green list to receive newsletters or email reminders. So PLEEEEEEASE get your renewals in the mail or plan to renew at the Feb. 11 meeting. I HATE to take names off, especially when I'm certain you planned to renew. (As of this writing, there are 79 members who have not yet renewed!) AND DON'T FORGET TO INDICATE "GREEN LIST" if you plan to remain on it. BUSINESS MEMBERS: your information will be removed from the back of the March newsletter if your dues are not received by print time...PLEASE make haste!

NAMETAG ORDERS

The next nametag order goes out following the March meeting. If you've lost your nametag (or the magnetic backing) and you'd like to order a replacement, please contact Gayle Morris. Replacement nametags are \$12.50 and must be paid for in advance.

Submitted by Gayle Morris, Membership Chair

Brian's February To-Do List for The Garden

Compiled by MG Brian D. Townsend
One touch of nature makes the whole world kin. ~William Shakespeare



In Our Herb Garden:

Prepare soil for planting so that it is friable and workable. Till or fork well, adding compost and/or coarse sand for drainage. GardenVille & Fertile Gardens are good sources for compost, soils, and sand. Plant seeds of cool season annuals when soil temp. reaches 45°F. These include cilantro, dill, nasturtium, parsley, chervil and onions from transplants. To have a continuing crop of popular dill and cilantro, many S.A. gardeners plant them every several weeks throughout the spring months as hot summer weather causes early maturation.

Prune and clear debris from mature perennials (examples are Mexican mint marigold, sorrel, chives, or lemon verbena). Frost victims (or sections thereof) should be removed when it is warm enough to recognize evident losses. Beware of removing discouraging looking plants that are simply still dormant. Frost-bitten tops can offer some protection; don't prune too soon! Watch for new growth before cutting back dead wood. * Late in the month divide roots of invasive or overgrown herbs (examples are chives, mints, oregano and yarrow. Shape overgrown rosemary and sage.

- HERBS: A Resource Guide for San Antonio

General Yard & Garden Notes:

Control chickweed now before it deposits more seed. Apply dormant oil to pecan and fruit tree trunks, also hollies, euonymus and other shrubs to control scale, phylloxera and other pests and larvae. Stubborn weeds? Try *vinegar!* For my safe, natural "Wild Weed Wipeout Tonic", mix 1tbsp. of vinegar (use 9% or higher for around here); 1tbsp. baby shampoo; 1 tbsp. of gin; 1 qt. of warm water. Combine all of these ingredients in a bucket, pour into a hand held sprayer. Drench the weeds to the point of run-off.

Control sophora caterpillars on Texas mountain laurel with Bt (brand names include Thuricide, Dipel, BioWorm Killer).

Feed shade and fruit trees with one cup of slow-release lawn fertilizer per inch of trunk diameter. Spread fertilizer at the drip line, the ring directly beneath the tree's outermost branches. - CF

Late February into early March is a good time to plant tomatoes in containers. Suggested varieties include Merced, Bingo and Celebrity.

Thanks to MG and SAHS long-time member Brian Townsend for this monthly article. Brian has culled this information from the wisdom of a number of local and regional gardening experts, plus our own HERBS: A Resource Guide for San Antonio. Please see the full length version of this on the SAHS website.

SIG-nificant Events

SIG leaders, keep us posted on your group's events.

Healthy Living with Herbs SIG

The HLWH SIG met at Marilyn Nyhus' lovely Craftsman-style home to plot out our sessions for the coming year. After a good, warming soup-and-salad dinner, we adjourned to the living room and took up calendars and pens and got to work. This year we'll be studying saffron and cinnamon, enjoying the

benefits of Asian culinary herbs, taking a spa-day field trip to Shari Anderson's in Boerne, learning about herbs to help us deal with stress, making skin salve with blue cypress and indulging in our annual fall herbal healing soup meeting. Our group is full once again, but we urge anyone interested in these things to get in touch and we'll help you with ideas for a new group! Healthy Living to all in 2011!

Submitted by Joe-Beth Kirkpatrick

Culinary SIG

The Culinary SIG is back in business after a break around the holiday season – way too busy a time for all of us. We met recently for a potluck at Gayle's house to plan our 2011 activities. For February, it's "Soup Night" at Alison's house (everybody's bringing one) with Maria providing bread and Karen providing herb butter. Other activities on the calendar include mozzarella and queso fresca (Maria's going to show us how), pizza, salads, ice cream, culinary blends, a field trip to Ernie's (we had such a great time there last year!), another tamalada (ditto on the great time at Jeanne's!), and a visit to a restaurant (toying with the idea of some North African food at Moroccan Bites). We've become a group of 15 and can squeeze in one more if anyone's interested. We also encourage others interested in a culinary group to start a second one!

Submitted by Gayle Morris

Weed-n-Gloat SIG

We met at 9:30 a.m. at the San Antonio Botanical Garden, the intrepid Weed and Gloat Team - by rain or shine or wind or sleet, we're out there. This time, on Monday, January 24, the sun was shining and it was a mild 50 degrees - perfect gardening weather. The birds are busy in the Garden, scoping out locations and building nests. We have hundred of early spring plants coming up, in addition to chickweed, alliums and sticky weed, there are lots of "volunteer" poppy plants in our Herb garden. We'll thin them out as they get bigger - for now, they promise early blooms. We've had some frost damage, noting that cannot be rectified by good pruning. Today we planted early cilantro and some fennels; next month more. We meet from 9:30 a.m. - 10:30 a.m. on Monday, February 28, for the next Weed and Gloat at the SA Botanical Garden. If you'd like to join this merry group in February, you'd be very welcome! As of now, we meet on the last Monday of every month. Just tell Eric at the door that you are with the SAHS Herb Garden team.

Submitted by Jane McDaniel

Herbal Crafts SIG

Here we are, starting the New Year at Kathy Heikes' home with Diana Fox presenting the Decorating of Gift Bags with a variety of stamps, colored pens, tissue paper etc. This was a great group project as many attending were very artistic, giving others ideas they might not have had doing this project alone.

At the end of our meeting we all had a wonderful variety of beautifully decorated bags to use throughout the year (and many with an herbal theme). As usual, we had a Pot Luck Lunch, which was very tasty with a variety of dishes and Kathy got out some of her famous toffee, yum. This was a fun day. On Feb. 19th, the Herbal Craft SIG will be touring Nature's Herb Farm. We will meet at 10 a.m.

For information please contact Sally Ann Hnatiuk at mustang_sally6@msn.com.

Submitted by Marilyn Nyhus

San Antonio Herb Society Membership Application/ Renewal

January – December 2011

If you joined after October 1, 2010, you are a member through December 2011.

PLEASE FILL OUT COMPLETELY AND PRINT CLEARLY

Name (as you would like it to appear on your name tag): _____

Address _____

City _____ Zip _____ new address

Phone (with area code) _____ Home/Work/Cell [circle one]

Alt. phone (with area code) _____ Home/Work/Cell [circle one]

E-mail _____

(Please check one) New member Renewal (due February 10, 2011)

Membership Category: Single (\$20) Dual (\$30) Business (\$40)

How did you hear about the SAHS? _____

Print, complete, and mail form with your check to:

San Antonio Herb Society
PO Box 90148
San Antonio TX 78209

After you have attended 3 meetings, you will qualify for your free permanent SAHS name tag. Sign up with the membership chairman.

What programs would you like to see in the coming year? The more details the better (continue on the back, if necessary): _____

I would like to be a GREEN member (receive my newsletter and other information of interest through email).

I do not want my personal information to be shared on the SAHS membership list.

I am interested in helping with:

Banquet Committee (help plan Spring or December Herbal Members' Banquets)

Hospitality Committee (decorate refreshment table, make tea, etc.)

Greeter (a great way to meet people and welcome everyone)

Chairperson for plant sales or other events

The booth at Spring Plant Sales Herb Market in October

Being a Board Member (please list position): _____

Writing articles for or helping with the newsletter, "La Yerba Buena"

Speaking at one of our meetings—your topic _____

Maintaining the Herb Garden at San Antonio Botanical Gardens

Working at the Sales Table at monthly meetings

Leading a Special Interest Group (SIG)

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Office Use Only

Date received _____ CASH / Check # _____ Date \$ given to Treasurer _____

Green Member _____ Date information entered into data base _____

Business Members

We thank our business members for their support. When you patronize their businesses, be sure to mention your SAHS membership.

Nature's Herb Farm

Mary Dunford
7193 Old Talley Road., #7
SAT 78253
(210) 688-9421

Nematode Nick's

Landscape Design & Installation

Organic Landscaping
Organic Fertilizing
Nick & Leslie Vann
3561 Kusmierz Rd.
St. Hedwig, Texas 78152
(210) 667-1500
www.nematodenick.com

Diane R. Lewis, B.S. & A.A.S.

Herb, Cooking & Gardening Classes;
Landscape Design
(210) 495-6116
drl designs@swbell.net
www.communityed.neisd.net

A Total Domain

San Juanita Preciado,
Residential & commercial contractor, with
emphasis on interior design
www.atotaldomain.com
Email: sj@atotaldomain.com
(210) 744-1707 (cell)

Ten Days Health Ministry Natural Health Counseling & Essential Oils

Jean Dukes, RN, CNHP,
Certified Aromatherapist
(210) 566-4379
10days@earthlink.net
www.youngliving.com/tendays

In Home Senior Care and USANA Health Sciences

Nutritionals You Can Trust™
Greg & Jinnie Perkins
5805 Callaghan Rd. Ste. 205
SAT 78228
(210) 256-2273
www.inhomeseniorcare.net

Lisa Ann Stanley, Realtor

Coldwell Banker D' Ann Harper, Realtors
18756 Stone Oak Pkwy Ste 101
San Antonio, TX 78258
210-617 0544 Cell
210-483-7509 Business
210-483-4709 Efax
lstanley@cbharper.com



GO TEXAN.

The Hermits Garden

Jan and Phil Conwell, Resident Hermits
Custom Leather and Folk Art
conwell@hermitsgarden.com
<http://hermitsgarden.com>

Here's to Yum

Charles Harzman and Rene Maldonado,
chefs/owners
Serving the Alamo Hts/Broadway Business Area
Food for groups (delivery and/or catering)
210-782-2072 or 210-782-7856
heres_to_yum@yahoo.com

Health by Choice

"Nutrition That Works"
Sil & Yoli Huron, BA, CNHP
Certified Natural Health Counselors
210-735-9053
Website: www.barleybaby.com
www.health4ever@barleybaby.com

The Human Path

Herbology and Wilderness Medicine
Classes by Sam Coffman
210-807-0891
Sam@thehumanpath.com
www.thehumanpath.com

PLEASE SEND TO:



The San Antonio Herb Society
PO Box 90148
San Antonio, TX 78209
www.sanantonioherbs.org
*new info phone 1-888-837-4361

